

## WOMEN OF MIDDLE AGE

May Pass the Critical Period Safely and Comfortably by Taking Lydia E. Pinkham's Vegetable Compound.

Summit, N. J.—"I have taken Lydia E. Pinkham's Vegetable Compound during Change of Life and I think it is a good remedy in such a condition. I could not digest my food and had much pain and burning in my stomach after meals. I could not sleep, had backache, and worst of all were the hot flashes. I saw in the papers a box of Vegetable Compound so I tried it. Now I feel all right and can work better. You have my permission to publish this letter."

—VICTORIA KOPPL, 21 Oak Ridge Ave., Summit, N. J.  
If you have warning symptoms such as a sense of suffocation, hot flashes, headaches, backache, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, get a bottle of Lydia E. Pinkham's Vegetable Compound and begin taking the medicine at once. We know it will help you as it did Mrs. Koppl.

Oh, So Much!  
Wife—You complain that I am always asking you for money. Why don't you give me so much a year and have done with it?  
Hub—I do give you "so much." That's just what I complain of.

### RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Berbo Compound, and 3/4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

### Up-to-Date Economy.

Charity Collector—Have you any particular use for your old clothes?  
Sturdy Citizen—Sure. I'm wearing them.

**INFLUENZA starts with a Cold**

Kill the Cold. At the first sneeze take

**HILL'S CASCARA QUININE BROMIDE**

Standard cold remedy for 20 years because ACID-STOMACH, with indigestion, heartburn, belching, food-repeating, flat and gas, if not checked, will eventually affect every organ of the body. Severe, blinding, splitting headaches are, therefore, of frequent occurrence as a result of this most common condition.

Take EATONIC. It quickly banishes acid-stomach with its sour, heat, pain and gas. It aids digestion—helps the stomach get full strength from every mouthful of food you eat. Millions of people are miserable, weak, sick and ailing because of ACID-STOMACH. Poisons, created by partly digested food charged with acid, are absorbed into the blood and distributed throughout the entire system. This often causes rheumatism, biliousness, chills of the liver, heart trouble, and even cancer of the stomach. It robs its victims of their health, undermines the strength of the most vigorous.

If you want to get back your physical and mental strength—be full of vim and vigor—enjoy life and be happy, you must get rid of your acid-stomach.

In EATONIC you will find the very help you need and it's guaranteed. So get a big 50c box from your druggist today. If it fails to please you, return it and he will refund your money.

At All Drug Stores

## HEADACHE Often Caused by Acid-Stomach

Yes, indeed, more often than you think. Because ACID-STOMACH, starting with indigestion, heartburn, belching, food-repeating, flat and gas, if not checked, will eventually affect every organ of the body. Severe, blinding, splitting headaches are, therefore, of frequent occurrence as a result of this most common condition.

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## EATONIC (FOR YOUR ACID-STOMACH)

POSITIVELY GUARANTEED by the Barry-Cook, Inc., Free Book, Dr. C. M. Barry, Co., 297 1/2 Michigan Avenue, Chicago.

Appropriate.  
"What do you think are the best flowers for an April bride to carry?"  
"I would advise a shower bouquet."

**Catarrah Cannot Be Cured by LOCAL APPLICATIONS,** as they cannot reach the seat of the disease. Catarrah is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarrah. It is taken internally and acts through the blood on the mucous surfaces of the system. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrah conditions.

Druggists sell. Testimonials free.  
F. J. Cheney & Co., Props., Toledo, Ohio.

Men who think money will do everything may be suspected of doing anything for money.

**MURINE** Night and Morning, Have Strong, Healthy Eyes. If they Tired, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. **Murine Eye Remedy Co., Chicago**

## TO GOLDEN WEST

Adventurous Spirits of the World Turned in '49.

Lives and Souls Counted for Little in the Frantic Rush for the Yellow Metal—Thousands Died en Route.

On Dec. 8, 1848, the first deposit of California gold was made in the United States mint by David Carter. What a date! Gold had been discovered in California, and the earth trembled under the march westward.

Around the days of '49 in the Golden state on the blue Pacific, says the Kansas City Journal, an American playwright constructed a drama of telling power, "The Girl of the Golden West." It is a picture of the rough and terrible days of that frantic epoch, where men lost their souls and their lives in the pursuit of the yellow metal. California was admitted as a state into the Union in 1850. In '49, 40,000 immigrants arrived in California overland and by way of the isthmus of Panama.

It was in a little pioneer fort of Capt. Sutter's, formerly an officer of the Swiss Guard of Charles X of France, that the announcement was made that shook the world in 1848, and produced scenes of unparalleled excitement. From every part of the globe came the gold seekers, from Chile, Peru, from ancient Cathay, from the Sandwich Islands, from England, France and Russia. Says Capt. Sutter of that memorable morning in 1848: "I was sitting in my tiny fort when Mr. Marshall, who was digging a mill race at Coloma, on the American river, burst into my presence. He was white as ashes and greatly excited. I glanced at my rifle to see if it was in its place, for in those days we lived in perpetual expectation of attack from Indians. No! Marshall flung on the table a handful of scales of pure virgin gold. I was thunderstruck. He explained how he had found it along the left bank of the stream."

A pioneer tells the story of the fearful gold-dust fever. "Two years after the discovery of gold on the American river by Marshall, I, like thousands of others, got the 'gold fever,' and I got it bad. To this land of gold promise came the bravest and best men of the older states. They were the daring spirits of the old home, who, ill-content to vegetate amid the scenes of their birth, took heart of hope, and through weeks and months of peril and fatigue toiled across the waterless and savage-peopled wastes to the land afar. They lit their campfires of buffalo chips and sagebrush and tossed in uneasy dreams at night with their guns for pillows. The reveille that woke them was often the crack of rifles in the hands of the savages. For days, weeks and months they thirsted and hungered amid the alkali deserts and the rocky canyons, and when they reached the land of promise there was little left them but their splendid manhood, brains and brawn.

The prairie schooners from Missouri and Arkansas, drawn principally by oxen or mules, formed a continuous line of march by every route leading to the south pass of the Rocky mountains.

The late Dr. Stillman, who conducted a hospital at Sacramento in '49 and '50, estimated that, in seeking the 'golden fleece,' in less than one year 10,000 young men who had started with cheers and song were sleeping beneath the wild flowers."

During the year 1848 \$10,000,000 in gold was extracted from the mines, principally from the Yuba, Feather and the American rivers, and from the gulches connected therewith; the rocker, the shovel, the prospecting pan and the crevice knife being the only machinery employed. Over \$40,000,000 was obtained in '49. From 1848 to 1870 \$1,000,000,000 was the gold output of the state of California. Throughout the first three years of the mining excitement every article of trade had to be imported.

"Siempre oro aqui" (gold dust bought here) should be the legend of California.

And Daddy Took the Hint.  
Miriam Field is not quite nine. Also, she is very polite; of that there can be no possible doubt. A favorite uncle is visiting the family and Miriam wishes him to spend all his time with her. Uncle Roger and Dad were discussing politics after dinner, a day or two ago, about the time Dad is in the habit of bringing in enough coal to last for another twenty-four hours. Miriam hung around her uncle, tried to catch Dad's eye, stood first on one foot, then on the other, and at last at a lull in the conversation her voice was heard: "Daddy, don't you have to bring in any coal today?"

China Gets Back Pavilion.  
The beautiful pavilion on the Tartar city wall above Chienmen gate in Peking has been returned to Chinese custody. In the mutiny of the troops in Peking early in 1912, after Yuan Shih-kai had assumed the presidency, the commanders of the foreign legion guards in the capital decided that, as a military measure, the pavilion should be occupied by foreign troops. The American legion guard has occupied it ever since.

Both Welcome.  
"A wedding is not half a wedding without the presence of friends," says an exchange. You can also spell it "resents."

## THOUSANDS PROCLAIM THE MERITS OF PE-RU-NA

Read Their Letters

Mrs. Martha C. Dale, R. F. D. 1, Cannon, Del., writes: "I am entirely cured of chronic catarrh of the stomach and bowels by PE-RU-NA."

Mr. J. Bayer, Glendale, Oregon: "There is no medicine like PE-RU-NA for catarrhal deafness."

Mrs. Kate Marquis, Middleburg, Ohio: "PE-RU-NA cured me of catarrh of the head and throat."

Mr. J. H. Collins, Wesson, Mississippi: "PE-RU-NA makes me feel vigorous and able to work without that tired, weak feeling I usually have otherwise."

Mrs. P. Ludvigsen, Austin, Minnesota: "I got rid of my liver trouble and can eat anything since taking PE-RU-NA."

Mrs. L. Hearing, 283 East 169th St., New York City: "For catarrh of the head and stomach, I have found PE-RU-NA better than any other medicine."

Mr. W. H. Edgar, 49 Cooper St., Atlanta, Georgia: "PE-RU-NA cured me after I had suffered fifteen years with rheumatism."

Mrs. Leona Dodd, R. No. 3, Medon, Tennessee: "PE-RU-NA is a grand medicine for coughs and colds."

So many diseases are due to catarrh and catarrhal conditions, makes PE-RU-NA the best medicine in the world to have on hand for emergencies and general health protection. Thousands of families are never without a bottle of PE-RU-NA or a box of PE-RU-NA Tablets in the medicine cabinet. That is the safe way.

You can buy PE-RU-NA anywhere in tablet or liquid form.

## Skin Troubles Soothed With Cuticura

Soap 25c, Ointment 25 and 50c, Talcum 25c.

Easy to Accomplish.  
Bank Cashier—You will have to be identified, madam.  
Lady—My friend here will identify me.

Cashier—But I don't know her.  
Lady—Oh, well, I'll introduce her.—St. Louis Globe-Democrat.

## "ROSY-FIT"

if bilious get your Pep and Color back with "Cascarets"

Furred Tongue, Bad Taste, Indigestion, Sallow Skin, and Miserable Headaches come from a torpid liver and sluggish bowels, which cause the stomach to become filled with undigested food which sours and ferments, forming acids, gases, and poisons. Cascarets tonight will give your bilious liver and constipated bowels a thorough cleansing and have you feeling clear, bright and as fit as a fiddle by morning. Cascarets, never sicken or inconvenience you like nasty Calomel, Salts, Oil, or gripping Pills. They work while you sleep.—Adv.

A High One.  
The aviator took me to see is a trump."  
"Yes, and he's an ace, too."

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.

Some men have a regular Sunday morning attack of homesickness when the church bells ring.

## WAS DISCOURAGED

St. Charles Man Tells How He Suffered Before Doan's Cured Him.

"Heavy strains on my back and being exposed to all kinds of weather, weakened my kidneys," says John S. Shelton of St. Charles, Mo. "The misery in my back was constant and I had to get up several times during the night to pass the kidney secretions. I got no rest night or day and lost twenty-two pounds in weight. My eyes burned as if there were fire in them. I also had dizzy spells and would feel as if I were going to pitch forward. Sharp catches would take me in my back as if someone were driving a sharp knife into my back. My kidneys were so weak I had no control over them and the secretions were scanty and burned in passage. I had pains in my bladder too. I was discouraged. I tried different remedies but received no benefit. I was advised to use Doan's Kidney Pills and when I did so I was soon relieved of my misery. Doan's cured me."



Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

**Baby Coughs**  
require treatment with a remedy that contains no opiates. PISO'S is mild but effective; pleasant to take. Ask your druggist for  
**PISO'S**

## Home Town Helps

### PROLONGING LIFE OF TREES

Filling Cavities With Cement Ends the Spread of Decay, and is a Simple Operation.

Filling the cavities of trees with cement to prolong their lives is being commonly and successfully practiced. It is not only worth while in preserving fruit trees, but is also the means of saving valuable shade trees. Trees with cavities several inches deep are often cut down when, by using a little cement and sand, they could be kept alive for ten or fifteen years longer.

Of course, the cavities are small at first, but continue to get larger. They favor decay, weakening the tree.

With a knife or a chisel remove all of the decayed wood. Trim the edges of the wound smoothly with a sharp knife. Then a coat of paint or shellac should be given the outer edge of the wound. Successful growers recommend the use of creosote and coal tar to disinfect the inside of the cavity after it has been thoroughly cleaned out. This may be applied with a brush.

The cement may then be put in immediately. A good mixture may be made of one part cement to two parts of clean sand.

After the cement and sand have been stirred a few minutes add enough water to make the mixture into a thick paste. Begin filling the cavity



Putting a new heart into a tree. Cement has been substituted for the "heart" and most of the body.

from the bottom and tamp the material thoroughly. The work may be done on a warm day, and cement must be protected from freezing at least forty-eight hours. Remember that warmth and moisture are essential for the uniform and rapid hardening of concrete.

### UNEVEN PAINT COATINGS BAD

Great Care Should Always Be Taken to Have Them of Equal Moisture Resistance.

Coatings of equal moisture resistance should be applied to all surfaces of a wood product which would give dissatisfaction if it were to warp in service. Tests at the forest products laboratory, Madison, Wis., have shown that even when wood is properly kiln dried, no coating entirely prevents it from picking up or giving off moisture and, consequently, from swelling and shrinking under the influence of varying atmospheric conditions.

Varnish, shellac, and other moisture-resistant finishes merely decrease the rate at which the moisture changes in wood occur. The higher the grade and the more coats applied, the slower will be the moisture changes.

Unequal coatings on opposite surfaces of wooden articles cause unequal rates of change in moisture content and hence unequal shrinkage on the two sides of the piece. The result is that the wood tends to cup or twist out of shape.

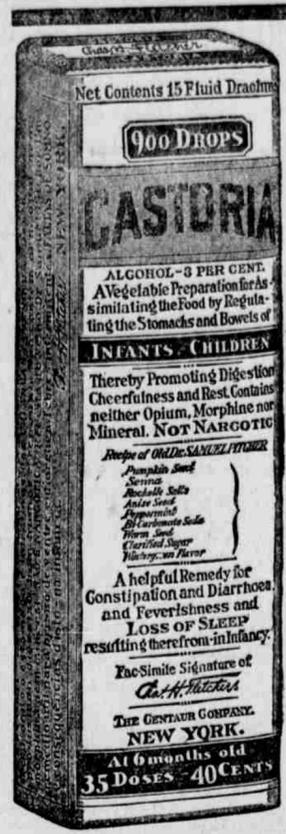
### Planting Memorial Trees.

Planting of trees in honor of heroes who gave their lives in the late war is becoming a favorite method of perpetuating the memory of these men. In Cleveland, O., May 30, Memorial day will be made memorable by the dedication of Liberty row, which will extend for nine miles and will contain 694 trees each planted in memory of a gold star hero of Cleveland.

The trees will be called Victory oaks and each will contain a tablet bearing the name of a soldier, and the date and place of his death.

### Do Away With the Billboard.

Signboards more than ever are becoming a nuisance on account of their increasing size and number. Our roadsides are boarded up with great signs in flashy colors. Just as a traveler along roadways reaches a point where a fine view is expected a glaring sign completely obstructs the view. It is exasperating to have a merchant intrude and force attention to his business on an individual at a time and place where it is not wanted. No good salesman conducts himself in this manner.—Exchange.



## CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of

*Chas. H. Hutchins*

In Use For Over Thirty Years

## CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

## TERRIFYING DISCOMFORTS FROM SKIN DISEASES

Itching and Burning Eruptions Torture Victims.

If your skin seems ablaze with the fiery, burning and itching of Eczema, real and lasting relief can only come from treatment that goes below the surface—that reaches down to the very source of the trouble. Skin-diseases come from a disordered condition of the blood, and search far and near,

you cannot find a blood remedy that approaches S. S. S. for real efficiency. S. S. S. has been on the market for fifty years, during which time it has been giving uniform satisfaction for all disorders for which it is recommended. If you want prompt relief, you can rely upon S. S. S. For expert advice as to the treatment of your own individual case, write to-day to Chief Medical Adviser, Swift Specific Co., Dept. 44, Atlanta, Ga.



### DISEASE AMONG HORSES—the answer is SPOHN'S DISTEMPER COMPOUND

Whenever there is contagious disease among horses SPOHN'S is the solution of all trouble. SPOHN'S is invaluable in all cases of DISTEMPER, PINK EYE, INFLUENZA, COUGHS and COLDS. A few drops a day will protect your horse exposed to disease. Regular doses three times a day will act marvelously on your horse actually sick. 50 cents and \$1.00 per bottle.

SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

### Didn't Like Golf.

When DeWolf Hopper in "The Better 'Ole" played a recent engagement at a downtown university, the following conversation took place between two coeds:

"Are you going to see 'The Better 'Ole'?"  
"No; I just can't stand those golf stories, and I know that I wouldn't like a golf 'play'."

A number of local golf players agree that the nineteenth hole was the better 'ole, especially before April 2, 1918.—Detroit Free Press.

### Unreliability.

"Figures are hard things to deal with."  
"In what way?"  
"Sometimes they won't lie and sometimes they won't stand."

Money makes the automobile go, and the automobile makes the money go—and there you are.

When a shower of missiles come your way, you know your own missile has hit home.

Roses are like children; you've got to give them plenty of care to get the best results.

You may think that you are loved by your neighbors, but don't bet on it.

The cashier should be known by the company that keeps him.

Some people put on airs while others merely whistle them.

One little hint is often worth more than a ton of advice.

The more some men have the less they seem to think others entitled to.

### NO NEED FOR INTERPRETER

Squaw Evidently Had Not Always Been One of the Ordinary "Blanket Variety."

We were honeymooning in Arizona. Of course, we had our ever-faithful camera with us. On the principal street corner of a small town I saw an old Indian squaw sitting on the sidewalk with her pottery on exhibition about her. I thought that would be a dandy picture to take back home. My wife and I stopped in front of the squaw and, knowing an Indian's superstition about being photographed, we hesitated. Just then the proprietor of the store in front of which she was squatting opened the door and I inquired of him: "Do you think she would object to our taking a snapshot of her?" He said he didn't know, that we might try it, and while we were discussing the situation the squaw spoke up in excellent English and with decided gestures: "No, I don't care to have my picture taken."—Exchange.

### Let It Go at That.

McNutt—So you were hit by an auto? Do you expect any damages?  
McPutt—I'm satisfied; I've had enough.

The Distributing Point.  
"How is it that couple always seems to be in a pickle?"  
"I suppose they get it from their family jars."

Very Much.  
"Is there anything in that cipher message?" "I am sure it was not sent for naught."

Ability Is measured by deeds rather than by intentions.

The entire food values of wheat and malted barley are found in

## Grape-Nuts

A food in every sense: nourishing, delicious, economical.

Easy to digest because of twenty hours baking.

Ready-to-serve.